

# WIN-E-MAC SCHOOL DISTRICT

RANDY BRUER, SUPERINTENDENT

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November 17, 2021

Dear Parents and/or Guardians:

This letter is to inform you that there have been cases of Hand, Foot and Mouth Disease reported within our school community. Hand, Food and Mouth Disease is a common viral illness of infants and children. It is characterized by fever, sores in the mouth and a skin rash.

Symptoms to watch for regarding Hand, Foot and Mouth Disease:

- Fever, poor appetite, malaise (generally not feeling well) and often a sore throat.
- One or 2 days after the fever, painful sores develop in the mouth.
- Skin rash develops over 1 or 2 days, flat or raised red sports and sometimes blisters. The rash does not itch and is usually on the palms of the hands and soles of the feet.
- A person may only have the rash or the mouth sores.

Hand, Foot and Mouth disease is contagious. The virus can be spread through:

- Close personal contact
- The air (coughing and sneezing)
- Contact with feces
- Contaminated objects and/or surfaces

Ways to help lower the risk of infection include:

- Washing hands frequently and correctly.
- Avoiding close contact (kissing, hugging, sharing eating utensils) with someone who has Hand, Foot and Mouth Disease
- Cleaning and disinfecting frequently touched surfaces and soiled items, including toys

There is no specific treatment for Hand, Food and Mouth Disease. Over-the-counter medications can be used to relieve pain and fever. If your child shows any of the above signs and symptoms, please contact your health care provider.

Your student may return to school 24 hours after their fever has resolved without taking fever reducing medications and they feel well enough to participate in school activities.

Sincerely,

Amy Van Den Einde, RN, PHN, LSN

Licensed School Nurse, Win-E-Mac School

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